



FrontLineSupervisor

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A newsletter from the Employee Assistance Program

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■ **I returned from medical leave to find that my temporary replacement made me look bad. My employees say my replacement treated everyone more fairly than I do. I think I'm a fair supervisor, but apparently, I'm not seen that way. How can I prove that I'm fair?**

Rather than trying to prove that you're fair, commit to adopting certain skills and behaviors that will contribute to a more positive work environment for your staff. Examples include listening respectfully and patiently to employees' ideas and opinions; following up after they submit suggestions or make requests; promptly sharing information that affects their job security; involving them in collective decision-making; enforcing workplace rules consistently (so that you don't play favorites); and always telling the truth. In addition to enhancing your stature as an effective leader, your commitment to fairness can influence your team's health. According to a recent medical research study, reported on by the American Medical Association, (AMA, Justice at Work, Nov. 10, 2005), a sense of fair treatment at work can reduce workers' stress levels, lowering the risk of coronary heart disease among employees.

■ **I overheard two of my employees talking about post holiday financial woes. I was concerned about the kind of advice they were getting. Can the EAP help employees who are concerned about their finances?**

The EAP is a good place to start. Sometimes financial concerns are just the tip of the iceberg when it comes to financial concerns. A comprehensive assessment from the EAP could be a great place for an employee to start dealing with these issues. The EA Professional will assess for underlying issues and make appropriate referrals to help employees deal with the causative factors, not just the symptoms. Christmas bills, payday loans, kids in college, rising cost of home heating and travel fuel can be problems in themselves, but only a comprehensive evaluation can help an employee look at issues such as gambling, other addictions or factors that may be adding to the problem. Call your EAP to discuss your concerns about your employee.

■ **Last year, we began offering the EAP to our employees. I have heard that our utilization rate is low. Is it possible that my employees have fewer problems? I think there is a need for the program, but wonder what my role is to increase EAP utilization.**

Consider welcoming the EAP to your division and giving employees organized educational presentations pertinent to their needs or interests. EAPs develop promotional strategies for organizations as a whole, but they always welcome feedback from management and discussion about what else they can do. Naturally, employees are concerned about confidentiality—the most crucial obstacle to program utilization—but seeing the EAP presentations and being reminded about the confidential nature of using an EAP usually resolves this problem. Utilization development is an ongoing process. Be sure to regularly encourage your supervisors to consider supervisor referrals for employees with performance problems. Insure the *Frontline Employee Newsletter*, from your EAP, is made available to your employees on-line or on paper.

I made an embarrassing mistake while giving a presentation to our management team, and now I fear I've lost a lot of credibility among the top brass. My boss told me to forget about it, but I'm sure my future here is now in jeopardy. How can I salvage my reputation?

After making an embarrassing mistake, it's common to magnify its importance and even view it as a catastrophe that will cause lasting damage. But such gloom-and-doom perceptions are usually overblown. Heed your boss's advice: get over it and move on. Your challenge now is to view the situation in context. Even if you've temporarily lost some credibility, treat the incident as a blip in an otherwise stellar, long-term track record of performance. Vow to gain back any credibility you've lost—and then some—with each subsequent contribution you make. Exceeding expectations will endear you to your boss. People tend to remember the most recent events when judging performance, so as time passes and you find new ways to impress the leaders of your organization, your embarrassing mistake will fade from their memory. Recognizing which mistakes we should learn from and which mistakes we should dismiss is a life skill. The EAP can help you put your situation in perspective if you continue to struggle.

One of my employees broke up with his girlfriend, and he's despondent. He tells anyone who will listen how unhappy and confused he feels. His peers are sympathetic, but he's still sad and distracted. His work remains acceptable, but should I refer him to the EAP?

His "work" may be acceptable, but his performance is problematic if you have become aware of his distraction. Consider that performance includes attitude, attendance, and conduct on the job, as well as the quality of work. Although you can't focus on his plight as a supervisor, a referral is appropriate because distraction can be documented. People handle despondency in different ways. Some internalize it and try to mask their pain. Others, like your employee, want to discuss their experience. Doing some of this at work is quite normal, but if a worker repeatedly shares his unhappiness and confusion with his coworkers, it can become a workplace distraction. There's also the danger that his sadness will prove contagious and adversely affect everyone's attitude. What's more, well-intentioned peers may give him inappropriate advice on how to handle the problem. In short, the present behavior is hardly the best way for your employee to work through a difficult breakup. By referring him to the EAP for support during this rocky period, you give him a safe, confidential environment to gain perspective and helpful referrals to develop coping tools under the guidance of trained professionals.

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